

Carolina country

July 2017



For the Love of
History

page 14

Published by  **NC Electric Cooperatives**

**Our mysterious
lost colony**

page 18

**Pick the perfect
pond lure**

page 38

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Your Touchstone Energy Cooperative

PERIODICAL

Are you ready for hurricane season?—page 9

Steel of Approval

At \$49, this blade of Damascus steel is a real steal

Damascus steel is legendary. Tales of its unmatched strength, sharpness and durability ring through the ages. There are stories of gun rifles being sliced in two by Damascus steel swords and individual strands of hair being sliced in half, even if they gently floated down on to the edge of the blade.

Now, you can be a part of the legend. The *Legend Knife* boasts nearly 4" of famed Damascus steel with its signature, wavy pattern. Damascus steel blade knives can cost thousands. So, at \$49, the price itself is almost legendary.

Cast Damascus steel, known as wootz, was popular in the East and it's an exacting process that's part metalwork, part chemistry. It's produced by melting pieces of iron and steel with charcoal in a low oxygen environment. During the process, the metals absorb carbon from the charcoal and the resulting alloy is cooled at a very slow rate. The outcome is a beautiful one-of-a-kind pattern of banding and mottling reminiscent of flowing water.

Once a lost art, we sought out a knifemaker who has resurrected the craftsmanship of Damascus steel to create the *Legend Knife*. The genuine Damascus steel blade folds into a tri-colored pakkawood handle that's prepared to resist the ravages of the great outdoors. When not in use or on display, The *Legend Knife* stays protected in the included genuine leather sheath.

"If you have a Damascus steel blade knife, you have a knife blade with unique beauty. With its historical reputation as the metal used for the best swords over hundreds of years, and its distinctive wavy design, Damascus steel is a beauty to behold."

— knifeart.com

With our limited edition *Legend Knife* you're getting the best blade money can buy. What you won't get is the inflated price tag. We know a thing or two about the hunt—like how to seek out and capture an outstanding, collector's-quality knife that won't cut into your bank account. Priced at an amazing \$49, we can't guarantee this knife will stick around for long. So call today!

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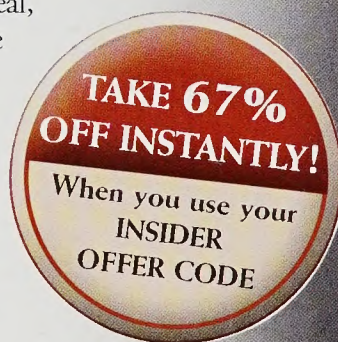
Feel the knife in your hands, wear it on your hip, inspect the craftsmanship. If you don't feel like we cut you a fair deal, send it back within 60 days for a complete refund of the item price. But we believe that once you wrap your fingers around the *Legend's* handle and experience the beauty of its Damascus steel blade, you'll be ready to carve out your own legend.

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— B. of Maryland



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actual size.



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- Open: 7 ¾"L; blade: 3 ½"L • Includes genuine leather sheath

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- 4 Viewpoints
- 6 Where Life Takes Us
- 8 More Power
- 10 Energy Tech
- 12 Carolina People
- 20 Carolina Bookshelf
- 28 Where is This?
- 28 Photo of the Month
- 30 Carolina Compass
- 33 Adventures
- 34 Energy Sense
- 36 On the House
- 38 NC Outdoors
- 42 Carolina Kitchen

14

For the Love of History

Reenactors are drawn to their hobby through a passion for the past.

18

The Persistent Mystery of a Lost Colony

The fate of the 1500s Roanoke colony is still up for debate.

26

Searching for Lost Friends

And other things you remember

On the Cover

Anna Kiefer portrayed the role of camp laundress during a recent reenactment at the Alamance Battleground. Read more about Anna and other reenactors on page 14. Photo by Perfecta Visuals.



CALL FOR SUBMISSIONS:
Why I heart my co-op

Why do you love your electric co-op? Tell us for a shot at being published in our October issue. See page 13 for details.

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Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

A Vital Tool for Supporting Our Communities

By Steve Hamlin



For nearly 80 years, electric cooperatives have been key economic drivers throughout North Carolina and the nation. Our mission of strengthening our communities by providing affordable, reliable electricity is as strong today as it was when we were founded in the 1930s and 40s.

Piedmont Electric, my cooperative, as well as most

of the other electric cooperatives in North Carolina, partner with the United States Department of Agriculture by utilizing the Rural Economic Development Loan and Grant program (REDLG). In fact, through the efforts of our state's electric co-ops, over the past five years more REDLG grants have been issued for North Carolina projects than any other state in the country.

This partnership supports and strengthens our rural communities by providing financial resources at zero-interest as grants and loans to electric cooperatives for rural projects and improvements. The cooperatives, in turn, loan the money out to the eligible local organizations who support our local economies, improve infrastructure, provide jobs and generally improve our communities.

At Piedmont Electric, we have invested in more than 20 different projects through the REDLG program totaling more than \$9.6 million. Since 2013, we have supported REDLG projects for two schools, a public library, 14 fire trucks, two ambulances and three fire stations. These projects have focused on improving education and emergency preparedness in the counties we serve. We believe that investment in these areas will have a

long-lasting and far-reaching beneficial impact on our region.

For example, we used these federal REDLG funds to help the North Eastern Alamance Volunteer Fire Department build a new fire station. The new station helps the fire department

provide better service to its district, but also helps lower homeowners' insurance bills in our area.

The North Carolina Department of Insurance provides an ISO rating that determines how much people pay for homeowners' insurance. The new fire station will improve emergency response and therefore lower the ISO rating, which should save homeowners in the area an estimated combined total of \$100,000 each year.

Additionally, these local organizations avoid having to pay interest on borrowing money as these loans are at zero-interest. Since we loan to emergency services and schools, we estimate that we have saved local taxpayers about \$2 million so far in interest payments.

As these loans are paid back to the local cooperative, the grant portion of the funds remain at the cooperative in a revolving loan fund that will be loaned again for future projects to further help the community.

We believe that the REDLG program is an excellent example of a successful partnership and a real "win-win" between the federal government and electric cooperatives. The REDLG program definitely supports our mission of helping our communities be exceptional places to live, work and raise a family. 

Steve Hamlin is president and CEO at Piedmont Electric in Hillsborough.



THIS MONTH'S ISSUE:

NC History

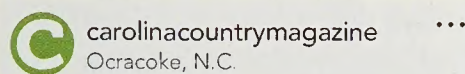
In North Carolina, history is all around us — any fourth grader could tell you that. But North Carolinians excel at carrying history into our modern lives, be it through food we eat, the places we visit, music we listen to or family traditions. In this issue, we're highlighting how some are making a hobby of history, as well as exploring one of our state's more persistent mysteries. Also, don't miss NC Outdoors, our new column from Wildlife in North Carolina magazine associate editor Mike Zlotnicki.

—Scott Gates, editor



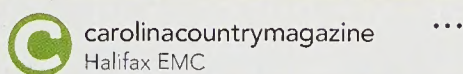
Trending on Social Media

We love getting letters from readers, but we also get feedback and swap photos on social media. In case you missed it, here's what's been trending lately (two of which are from Tideland EMC). Follow us on Facebook, Twitter, Pinterest, Instagram and YouTube to be a part of the conversation.



ncscenicbyways and 35 others

Here's something you don't see every day on the Ocracoke ferry! #weinermobile



92 views · 17 likes

Testing the new high voltage safety demo. #repost #safetyfirst



roanokeriverpartners and 42 others

Take time to smell the roses. (Rita Jones, Rutherford EMC) #photooftheweek

Turkey Hunt Counterpoint

I normally love getting my Carolina Country in the mail, but this month, I opened up the magazine to "Hunt Gives Back to U.S. Veterans" (June 2017, page 10). My life's purpose is to fight animal cruelty in any form, so when I see one of my favorite magazines glorifying hunting, needless to say, I am disappointed. There is NO cause good enough to exploit innocent victims. All animals have the same desire to live as you and I so it is also a gross misrepresentation to say: "The event provides a safe environment for all..."

Jennifer Miller, Creston
A member of Blue Ridge Energy



A Lot of Pudding

I have a question about the recipe for Banana Pudding Cake published in the April 2017 issue ("Where to Go for Good Eats," page 64). The recipe calls for two 4-oz boxes of instant vanilla pudding. The largest box I can find is 1.2 ounces. Four ounces would be a really big box. I was wondering if this shouldn't be two ONE-ounce boxes of pudding. Thanks.

Bonnie Richardson, Germanton, a member of EnergyUnited

Editor's Note: Thanks for the note, Bonnie. We checked with Asheboro restaurant Everything Under the Bun, the source of that popular banana pudding cake, and the recipe does call for a lot of pudding — about 8 servings worth. A four-serving box of Jell-O ranges from 3.4 to 3.9 ounces. Enjoy the cake!

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Perseverance in the Face of Fear

The boat raced to our destination located off the southern coast of North Carolina, just outside the Little River inlet at the South Carolina border. We were diving on a post-Civil War shipwreck.

My nerves were stirring a whirlwind of butterflies in my gut.

My mind rambled. “Did I remember all my safety gear? Don’t forget to equalize on the way down. Make sure to turn the oxygen tank on.”

I had finally found the courage to achieve a lifelong dream of becoming a scuba diver, and was able to put my love of the marine world ahead of my fear of deep water and man-eating sharks. It had taken the hard lesson learned about the brevity of life following my father’s death at 39 and most recent, my mother’s passing from breast cancer at the age of 55, to take this giant leap of faith and strength. If not now, when? We aren’t promised tomorrow.

I, along with others in my group, was ready to “back roll” off the boat, swim to its bow, descend 15 feet below water to grab hold of the “down” line, and then descend the final 60 feet. My first dive.

I donned my gear, rolled off the boat’s starboard side, and swam toward the back to my instructor, our dive-master. The Atlantic was much choppiest than I imagined it would be. I felt my anxiety climb as I was thrashed around. Fearful of banging my head against the boat’s bow, I was ready to be underwater, away from constant rocking and feeling like my legs were dangling shark bait.

“Do you want to get out?” the instructor asked. I knew that wasn’t an option, as I was mere feet away from reaching a lifelong goal. If I got out, I knew I would never get back in.



As my head submerged, my mask began a steady leak. My vision blurred, and I was unable to see anything in the depths below. I looked up and saw our boat rocking towards my head. Dizziness crept in as my breathing increased rapidly, my heart pounded, and my chest tightened. Sensing that my nervousness had given way to panic, the dive-master pulled me to the surface, saw the problem, and adjusted my mask. Water thrashed against my face and I struggled to breathe. The dive-master instructed me to try to calm down.

Tightness in my chest coupled with the inability to slow my breathing scared me more. This was my first open-water dive, and I was having my first panic attack.

“Do you want to get out?” the instructor asked.

I knew that wasn’t an option, as I was mere feet away from reaching a lifelong goal. If I got out, I knew I would never get back in.

“No,” I said.

Thanks to a patient instructor and my determination, I slowed my breathing and descended underwater. As soon as I witnessed the new world below the water’s surface, my anxiety was but a memory. Underwater was more than I ever expected. Everything was in sharp contrast to land and it felt as if I had descended onto another planet, with 360 degrees of flourishing and busy marine life.

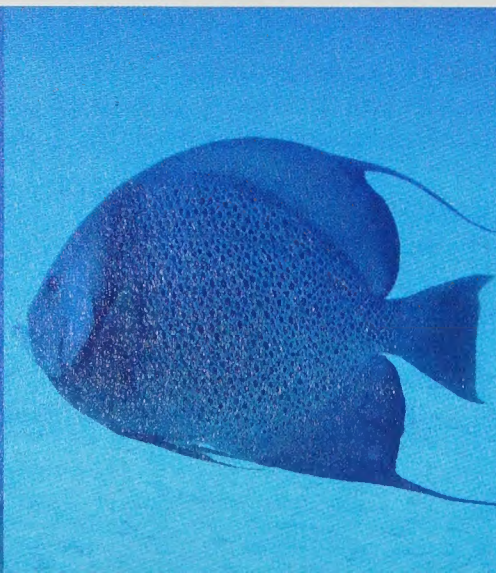
Facing my fears has led me to diving on larger shipwrecks off the Florida Keys, as well as off the coast of Belize, where I saw amazing and colorful coral reefs, and the famous Great Blue Hole. I’m conquering a life’s worth of fear—and enjoying the experience. **C**

Cara Perciaccanto is a former member of Wake Electric who now lives in Whittier.

Send Your Story

If you have an inspirational story for “Where Life Takes Us,” send it to us. For details, go online: carolinacountry.com/inspiration

+ Visit writeoutside.org to read more about Cara’s adventures.



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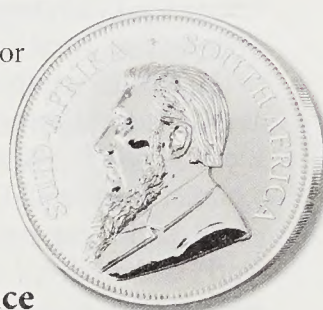
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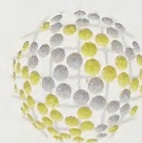
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Greer (right) received the honor from Lineman Museum and Hall of Fame founder Andy Price.

“Tommy has dedicated his career and leadership abilities to educating, promoting and improving safety ... Heaven only knows the many lives that have been positively impacted by his efforts.”

NC’s Greer Inducted into Lineman’s Hall of Fame

Tommy Greer, retired director of Job Training & Safety (JT&S) for North Carolina’s Electric Cooperatives, was inducted into the International Lineman’s Hall of Fame at a ceremony on May 6 in San Antonio, Texas. The honor pays tribute to those linemen who continually excel in the call of duty and exemplify those qualities that establish the true nature of the brotherhood of electrical linemen (linemanmuseum.org).

“This is a big honor, and it’s only possible because I had good people to work with in the JT&S group,” Greer said.

Greer dedicated his 40-year career to the electric utility industry, starting as a line technician with Brunswick Electric in 1977. After mastering line technician skills and providing leadership in line construction and field work, Greer strived for something more and followed a call to loss prevention and line technician education. He accepted a position with the North Carolina Association of Electric Cooperatives in 1986 to provide

safety education and lineman training to employees across the state.

Under his leadership, North Carolina’s Electric Cooperatives successfully created a lineman’s technician community college curriculum and founded an associate’s degree program. Additionally, he worked to create a national safety accreditation program, as well as the National Utility Training and Safety Education Association Internship program.

“Tommy has dedicated his career and leadership abilities to educating, promoting and improving safety practices at the state, regional and national levels,” said Randolph EMC CEO Dale Lambert, who in his early days as an apprentice lineman was trained by Greer. “Heaven only knows the many lives that have been positively impacted by his efforts.”

Greer retired last summer, but his legacy lives on, and he continues to consult and provide volunteer services in several capacities in loss control and utility line construction.

His daughter, Courtney Greer, recalled a visit to an electric co-op industry event shortly after her father’s retirement. A flood of co-op employees, many with tears in their eyes, shared countless memories and messages for Greer in his retirement.

“I was humbled by how all of these individuals, men and women, had taken such good care of my father. They really cared for his well-being,” Courtney said. “I left that day with the feeling that all the days I have lived not knowing where my daddy was, what kind of day he was having—and all the numerous hours my mother, sister and I never had with my daddy as a result of his lifetime commitment in service to his people and profession—were completely worth the sacrifice.”

To those lineworkers just starting their careers, Greer offers simple yet sage advice: “Pay attention. Don’t take shortcuts—it’s just not worth it. And look out for your fellow linemen.”



Cheesy Power

The French are taking their love of cheese up a notch. A power plant in the French Alps is using a byproduct of Beaufort cheese—skimmed whey—to generate electricity. The whey is converted into biogas, a mixture of methane and carbon dioxide, which is fed into an engine to create steam.

“Whey is our fuel,” project leader François Decker of Valbio, the bio-energy company that designed the plant, told the British newspaper *The Telegraph*. “It’s quite simply the same as the ingredient in natural yogurt.”

Since coming online in 2015, the plant has produced an estimated 2.8 million kilowatt-hours of electricity per year, enough to supply a community of 1,500 people.



Last year, Hurricane Matthew became one of the deadliest Atlantic storms on record and cost the U.S. \$10 billion in economic losses due to wind and water damage.

NOAA: Plan for an Above-normal Hurricane Season

The Atlantic Hurricane season is upon us, running from June 1 through November 30, and projections for the 2017 season indicate the North Carolina coast should brace for average to above-average storm activity.

The 2017 season should see 11 to 15 tropical storms and hurricanes forming in the Atlantic basin, according to researchers at North Carolina State University. Of those, up to three may become major hurricanes. Federal forecasts have pegged the number slightly higher, with 11 to 17 named storms topping sustained winds of 39 mph.

This forecast, from the National Oceanic and Atmospheric Administration’s (NOAA) Climate Prediction Center, has a 70 percent likelihood that between five and nine storms will reach hurricane strength of at least 74 mph. Two to four storms could become major hurricanes, according to the federal forecast.

“For 2017, my team and I are predicting that an above-normal Atlantic hurricane season is most likely,” said NOAA lead seasonal hurricane forecaster Gerry Bell. “But with just a few simple steps, you and your family can be prepared to weather any storm this year.”

Bell recommends those in the potential path of hurricanes take these initial steps to prepare:

1. Determine your vulnerability to hurricane-caused hazards.
2. Update family evacuation and communication plans.
3. Restock your emergency supply kit.
4. Ensure that you have sufficient insurance coverage.

Ready.gov, from the Federal Emergency Management Agency, offers additional tips and resources, and you can stay on top of watches and warnings at NOAA’s hurricanes.gov.

The 1950 to 2014 average for named storms is 11. Since 1851, North Carolina has had 83 direct hits by storms, with the most storm activity occurring in September and August, according to the State Climate Office.



carolinacountry.com/extras

Get a storm supply list and watch more about 2017 hurricane season predictions from NOAA’s Gerry Bell.



More Power

EnergyUnited Crew Leader Shay Reed (center, at pole) was an instructor during an Overhead Line Construction session.

Linemen Complete Advanced Education Programs

This year, Nash Community College recognized 11 electric cooperative linemen for completing advanced education work in the college’s Electric Lineman Technology program. Ten earned advanced certificates for completing 17 college-level credits; one earned a diploma for completing 36 college-level credits; and one completed work for his associate degree, completing 66 college-level credits.

The program includes Job Training & Safety courses in the classroom and outdoors on a specially-designed training field built by North Carolina’s Electric Cooperatives. Program participants learn skills such as overhead line construction, underground line construction and the National Electrical Safety Code. Beyond classes in line work and energy management, they can take courses toward an associate degree ranging from writing and math to critical thinking, computers and communication.

Since the program began in 1998, 19 co-op linemen have graduated with an associate degree in Electric Lineman Technology. The community college program is supported entirely by the electric cooperatives, but it also is attended by linemen from Duke Energy and municipal electric systems.

In 2017, 335 students are enrolled in North Carolina’s Electric Cooperatives’ Job Training & Safety Training Schools at Nash Community College.

Listed are co-op linemen who completed the work during the spring semester of 2017.

Advanced Certificate

Four County EMC

Anthony (Brett) Noble

Roanoke Electric

Justin Francis

Haywood EMC

David Mehaffey

South River EMC

Eric Simpson

Pee Dee Electric

Eli Randall

Tideland EMC

Joshua Bain
Jason Kitchen
Phillip Sawyer

Piedmont Electric

David Bolick

Union Power Cooperative

Chris Griffin

Diploma

Halifax EMC

Brandon Robertson

Associate Degree

Union Power Cooperative

Chris Griffin

Keep That EV Rolling

NC offers public charging options for electric vehicles

By Kristi Brodd

Have you noticed more “electric vehicle parking” signs showing up in parking lots lately? Each month, North Carolina is seeing increased growth in electric vehicle sales and more electric vehicle charging stations being installed. There are now more than 400 public stations installed across the state, with close to 900 ports that electric vehicle drivers can plug into.

Electric vehicle owners have multiple options when it comes to charging their vehicle. Charging stations are often categorized into three levels: Level One, Level Two and DC Fast Charge.

All vehicles come with an adapter to plug the car in at home to a standard 120-volt outlet, known as Level One charging. This level provides the slowest charge, around three to five electric miles per hour. The majority of electric vehicle owners plug in at home to refuel.

Level Two charging is commonly found in public locations, including shopping centers, downtown areas, multifamily communities and workplaces. The stations can also be

installed at home if a 240-volt outlet is available. Level Two charging is three- to five-times faster than Level One and is a great option for public locations where people may be parked for a few hours.

DC Fast Charge stations, usually located in high-traffic public areas, provide an opportunity for a very quick charge. These stations are capable of charging a depleted EV battery to 80 percent capacity in under 30 minutes. Recently, more of these stations have been installed at gas stations across the state.

To locate a charging station, there are multiple apps and websites that list station locations and provide details. The Department of Energy’s Clean Cities program runs the Alternative Fuels Data Center (afdc.energy.gov), which maintains a list of charging stations across the country. Another popular website is PlugShare (plugshare.com), which provides details on a station’s location and has a trip planner to help you plan for longer drives. Plug-in NC

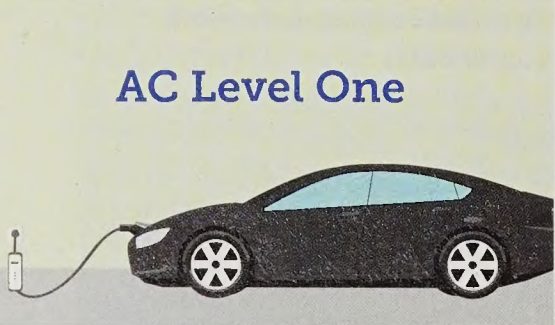
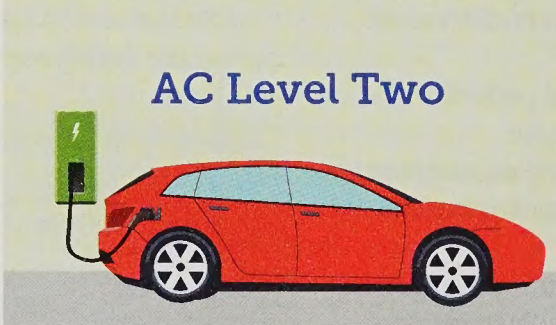
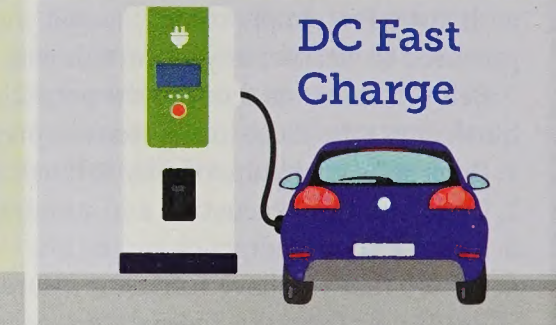
(pluginnc.com) also offers a charging station locator.

Currently, many of the stations located in North Carolina are free to plug in to. As electric vehicle growth continues, however, more locations may begin charging to charge. If a charging station does require payment to plug in, it is usually accessed through a membership card or a built-in credit card reader. Some locations will charge a flat fee to park and plug in.

Electric vehicle growth is expected to rise in North Carolina, and there are plans to install more than 200 additional charging stations across the state. That means you will soon be able to drive electric from the mountains to the sea with plenty of options to plug in along the way. 

Kristi Brodd is the communications manager for Advanced Energy (advancedenergy.org).

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A Darn Good Haircut

Bob Mitchell is a small-town barber with a colorful history

By Charlie Gadd

Columbia, nestled on the black-water banks of the Scuppernong River, is a typical small town in our coastal plains: Two traffic lights, one food store, one restaurant, a couple of dollar stores, one hardware store, one drug store and one barber shop. It's at that barber shop where one can still get a pretty darn good haircut for \$5 and catch up on the latest farming news, fishing tales and just plain gossip.

Now meet the barber, Mr. Bob Mitchell (age 100) and his wife, Miss Myrtle (five years his junior). Mr. Bob was born and raised in Askewville, in Bertie County, and as a young man in the 1930's decided to go to barber school in Norfolk, Virginia. Looking for a steady job, he answered a call from the local barber in Columbia, who needed help in his shop. After moving to Columbia, he soon met Myrtle Davenport and a short time later they were married in 1939.

On Sunday, Dec. 7, 1941, they were celebrating their second wedding anniversary when Myrtle's mother telephoned and interrupted their lunch with instructions to turn on the radio—it was news about the bombing of Pearl Harbor. Not long after that, Mr. Bob traveled back to Norfolk to enlist in the U.S. Navy, and eventually found himself aboard the USS Selinur, an attack cargo ship, heading for the Pacific. His main job aboard the Selinur was to be the ship's barber, but during calls to battle stations he dropped his clippers, raced to the lower decks and passed ammunition by elevator to the guns above.



Bob and Myrtle Mitchell at his barber shop in Columbia.

A lifelong customer says that after every haircut he asks Mr. Bob if he looks any better. "No," he'll reply, "but you do look a little lighter."



Patrons have been getting reliable cuts from Mr. Bob for decades.

"I always charged the sailors on our ship a nickel for a haircut, but never did charge our captain," he remembers. "After the war as we sailed back to the U.S., our captain walked into my small barber shop and asked how much he owed me for all the haircuts. I refused to give him a figure so he said, 'Okay, then I guess I'll just have to give you a promotion.'—and he did."

Those nickels added up over time, too, and Mr. Bob says he saved enough of them to build his barber shop when he returned to Columbia.

He still cuts hair in that small barber shop. He rises every morning around 4:30 a.m., and drives to his favorite café for breakfast and conversation with many of the local farmers and old-timers. He opens his barber shop between 6:30 and 7 every morning and stays until late in the afternoon (unless he's going home a little early to mow his lawn with his antique mower, or tackle a dead orchard tree with his chain saw).

Terry Everett, his neighbor and a lifelong customer, says that after every haircut he asks Mr. Bob if he looks any better. "No," he'll reply, "but you do look a little lighter." Another favorite saying of Mr. Bob's: "The difference in a bad haircut and a good haircut is two weeks."

Mr. Bob and Miss Myrtle are stalwarts of this small, downeast town hidden among the moss-draped cypress trees. After 77 years of marriage, they still live in Miss Myrtle's 100-year-old family home on the Scuppernong River. They often host summer weddings on their riverside lawn, Easter egg hunts for the children in the community and many church socials. Hospitality and friendship from this loving couple are always available in this small barber shop on Main Street in Columbia. It's like a good cup of coffee on a cold morning—stop in and have a cup. ☐

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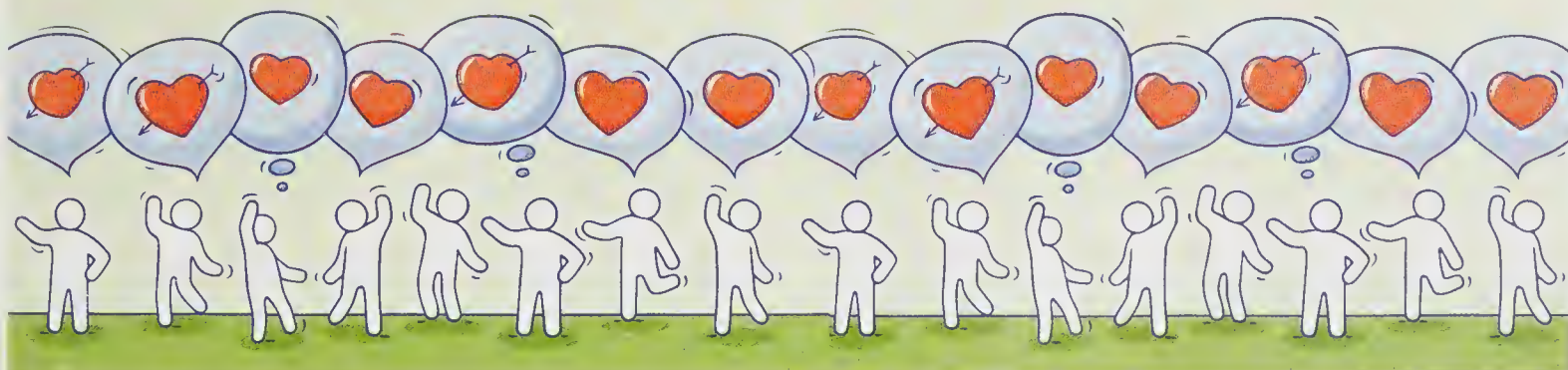
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CALL FOR SUBMISSIONS

Why I ♥ My Co-op



October is Co-op Month—still a ways off, we know, but we're planning ahead and asking readers what makes them proud to be a member of an electric co-op. So tell us why you love your co-op. Is it the service? What they do in your community? Something different altogether? We'd also love to see photos of any bits of co-op history you may have to share. We will pay \$50 for each story or photo that is printed in our October issue.

Rules

Deadline: August 15, 2017

One entry per household

Limit text to 200 words or less.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

If submitting a photo, prints should be a minimum of 4 x 6 inches.

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For the Love of HISTORY

Reenactors are drawn to the hobby through a passion for the past

Text by Tina Firesheets | Photos by Perfecta Visuals

By 8 a.m., most are awake in the camp. Beds are made. Bacon sizzles in an iron skillet in front of the cook's tent. Folks are getting dressed and finishing their first cup of kettle-brewed coffee. The air smells like campfires. Birds chirp and a rooster crows.

On this morning, the scene unfolding at the Alamance Battleground State Historic Site reflects a mix of time periods. Revolutionary War-era soldiers and camp followers are preparing for the day's reenactment of the Battle of Alamance. They camped overnight in period-accurate tents or in the historic John Allen House, a log cabin there. At the edge of the historic property, there's a row of colorful pup tents and a group of Boy Scouts in matching yellow t-shirts scattered across the lawn. Their playful shouts can be heard throughout the camp.

The battle itself is a few hours away. There's time to smoke a pipe and sip a second cup of coffee. For now, enemies can be friends. It's hard to distinguish between the two armies.

The Battle of Alamance

The "Fight for the Backcountry" occurred on May 16, 1771, involving a group of rebellious farmers known as the "Regulators" and a volunteer militia loyal to Royal Governor William Tryon. It was the peak of the Regulator movement, a five-year period in which rural farmers organized and demonstrated for better regulation of corrupt government officials. Peaceful attempts to enact change

yielded to violence. In 1770, Regulators broke into the Hillsborough Superior Court, attacked lawyers and judges and demolished the home of a local leader. The Johnston Riot Act, adopted in 1771, outlawed Regulator leaders and retroactively made the Hillsborough riot an unlawful assembly.

In April, Tryon and his army left New Bern, marching west. The Regulators planned to block his advance, hoping to intimidate the Governor into meeting with them to address their grievances.

From Research Analyst to Royal Governor

Reenactors find their way to the hobby through their love of history.

David Snyder, who portrayed Governor William Tryon in the Battle of Alamance for the second time, began reenacting in 1976 after seeing a Revolutionary War reenactment of the Battle of Pell's Point.

"I just had to do it. The uniforms, the muskets... the fifes and drums on the battlefield. Seeing the British troops march in formation and firing volleys of musketry. I really wanted to get in on that," Snyder says. "It's different to read about it, but to see it in front of you and smell the smoke was so vivid."

He began reenacting as a private with the 64th Regiment of Foot, an infantry regiment of the British Army. He's now a captain for the same regiment.

By profession, Snyder is a research analyst with the



David Snyder as Governor William Tryon

brain tumor immunotherapy program at Duke University Medical Center. To prepare for his impression of Governor Tryon, he assumes the mannerisms of a high-ranking British official. A friend used to describe it as “putting on an air of effortless superiority.”

His posture is more erect; his responses more measured. He softens his speech, and avoids modern words like “okay.” The cell phone stays hidden.

Prior to a reenactment, Snyder brushes up on Tryon’s biography so that the flavor of his personality becomes ingrained. When it comes to history, there’s always newly discovered evidence emerging, which maintains his interest, Snyder says.

He bears some resemblance to Governor Tryon, which makes the physical transformation easier.

“I can’t imagine not doing this,” Snyder says. “I’d have to be unable to walk anymore to not do it.”

Camp Laundress

Anna Kiefer is a second-generation reenactor, representing a minority on the field. She’s both a woman and a civilian. Some women traveled with armies, either following their husbands or joining for safety and rations. Kiefer portrays a laundress during Revolutionary War reenactments.

Kiefer bought a vehicle based on whether it could hold a wooden wheelbarrow and a 30-gallon copper kettle.

“The salesman thought I was nuts,” she says.

continued on page 16

Another Historical Hobby

Rick Sheets, a semi-retired website designer based in Durham, engages in a hobby with roots in very early American history.

Sheets, 62, has been shooting flintlock rifles, which fire with black gunpowder, since he was 14.

“Most guys my vintage, we kind of caught this bug by watching things like ‘Daniel Boone’ and ‘Davy Crockett’ on TV. The whole thing kind of resonated with me,” says the California native.

There are black powder shooter clubs and reenactments throughout the country. About nine years ago, Sheets was at a gunmaker’s fair when he met leather worker and horn maker Jeff Bibb, an artisan and guild master of the Honourable Company of Horners. The guild needed a website, and Sheets discovered a new passion.

Powder horns are typically made from cow, ox or buffalo horns. Sheets, who has artistic leanings, says horn making combined his interests: drawing, calligraphy, illuminated script and cartography. Horns can be simple, or elaborate with battle maps, names and dates. The design can tell a soldier’s story.

Sheets is now a journeyman horner with The Honourable Company of Horners and a master horner candidate. He also attends reenactments as a public history interpreter, informing audiences about the breadth of horn work created over a few hundred years. He shows them the various things a horner can make: combs, hornbooks, spoons, lantern panes, beakers and blowing horns. He demonstrates how various horn items were made centuries ago.

“I also tell them that horn work is NOT a lost art,” Sheets says. “It is alive and practiced by hundreds of hobbyists and even professional artisans.”



Rick Sheets, a journeyman horner





Anna Kiefer as a camp laundress



Joe Ramsbotham as a camp cook

"Everything has to fit in a special order, especially if I'm bringing my daughter (Shelby) to an event."

The wheelbarrow goes in first, followed by the kettle behind the rear middle seat. Then the support poles for the kettle. The oak wash tubs sit inside the kettle. The tubs hold the tin pail with laundry supplies: hemp rope for the laundry line, soap, indigo, starch and laundry bags. Finally, she packs her feather tick mattress, blankets, clothing and eating utensils.

It's not unusual for her to actually launder clothing at reenactments, which are weekend-long and frequently hot.

"It's hard work. It's hot work and heavy work," Kiefer says. "I don't mind it, actually. I like it."

A history teacher at Lord Fairfax Community College in Virginia, she says reenacting is another form of teaching: "Instead of teaching in a classroom full of college students, I'm talking to people of all different ages... it gives me an opportunity, as well, to teach people about a group of Colonial Americans who don't often have a voice—women."

Reenactments have led her to historic battlefields and sites around the country.

"To wake up on the actual Revolutionary War sites, it's exciting," she says. "It brings a level of reality to history."

Feeding the Armies

A pork roast, rubbed with sage, salt, pepper and garlic, sizzles over an open fire. Juices drip into a pan below. Terry and Joe Ramsbotham planned quite a feast for the British and Regulator armies and their followers.

Asparagus salad, with mustard vinaigrette. Vegetables, pickles and fresh bread. And macaroni and cheese, but not the elbow noodles of today's mac and

cheese. The macaroni Thomas Jefferson brought to America from France was flat and square. For dessert, they will have strawberry Charlotte, which is similar to cobbler.

The Ramsbothams work all weekend to feed the 50 to 60 reenactors. They serve what people would have eaten at the time in that season. Terry, a lifelong cook, has been a reenactor 22 years. Over a decade, she was an interpreter, baker, bakery manager and director of Historic Foodways and Gardens at Old Salem. The couple was asked to cook for an event at Fort Dobbs about 10 years ago, and has been cooking at reenactments ever since. They continue to streamline their operations. A large tent houses food and supplies for the weekend. It takes a couple of hours just to load the truck and trailer. Their Corgis, Abe and Bobbie, always accompany them.

N.C. State librarian David Serxner began assisting them recently. They haven't had a lot of assistants, Terry says,

Salad of Asparagus

Reenactors both look and eat the part. This 1798 recipe uses approximate ingredient measurements.

- | | |
|-------------------|--------------------|
| -Asparagus spears | -Vinegar |
| -Lemon | -Red pepper flakes |
| -Ground mustard | -Salt |
| -Oil | |

Scale, cut off the heads of large asparagus. Boil them until nearly done, then put them in cold water for five minutes. Drain them dry. Lay them in rows on a dish. Put slices of lemon around the rim. Mix well together a little mustard, oil, vinegar, cayenne pepper and salt. Pour over the asparagus just before serving.

—From "American Cookery" by Amelia Simmons (1798)

because it's such hard work: "You gotta love it, or you wouldn't do it. When we lay down at night, we sleep."

Terry says they love sharing their knowledge of Colonial food, and that people identify what they do with their grandparents' traditions.

"I get to dress like this and research history," Terry says. "And everybody likes food."

A Reluctant Confrontation

The Battle of Alamance lasted just a couple of hours.

Though angry and passionate about their cause, the Regulators were disorganized. Their leader, Herman Husband, was a Quaker pacifist. Although they outnumbered Tryon's army by nearly two to one, some Regulators were unarmed.

Tryon's army was well-trained, equipped with field canons and swivel guns. The confrontation began with one of his soldiers reading portions of the Johnston Riot Act. The Regulators, who were unlawfully assembled, were given an hour to disperse. They responded with shouts of "Battle! Battle!" and "Fire, and be damned."

Unable to reason with them, Tryon—easy to spot in his red coat—ordered his troops to fire.

Men scurried across the battlefield. There was an exchange of gunfire. Canon blasts shook the smoke-hazed field.

At the end of it, six Regulators were hanged and 12 arrested, concluding the Regulator movement in North Carolina.

But on this day in May, nearly 250 years later, there would be no such violence. Soldiers on both sides would end the evening with a fine meal together and the chance to reenact the battle again the next day. 

Tina Firesheets is a freelance writer based in Jamestown, North Carolina.

Looking the Part

Scott Douglas, site manager at the Fort Dobbs State Historic Site, has been a Revolutionary War reenactor for 21 years, acquiring gear along the way.

Canteen, handmade oak and pine, \$150

Bed roll, handwoven wool, \$200

Powder horn, custom-made, \$150

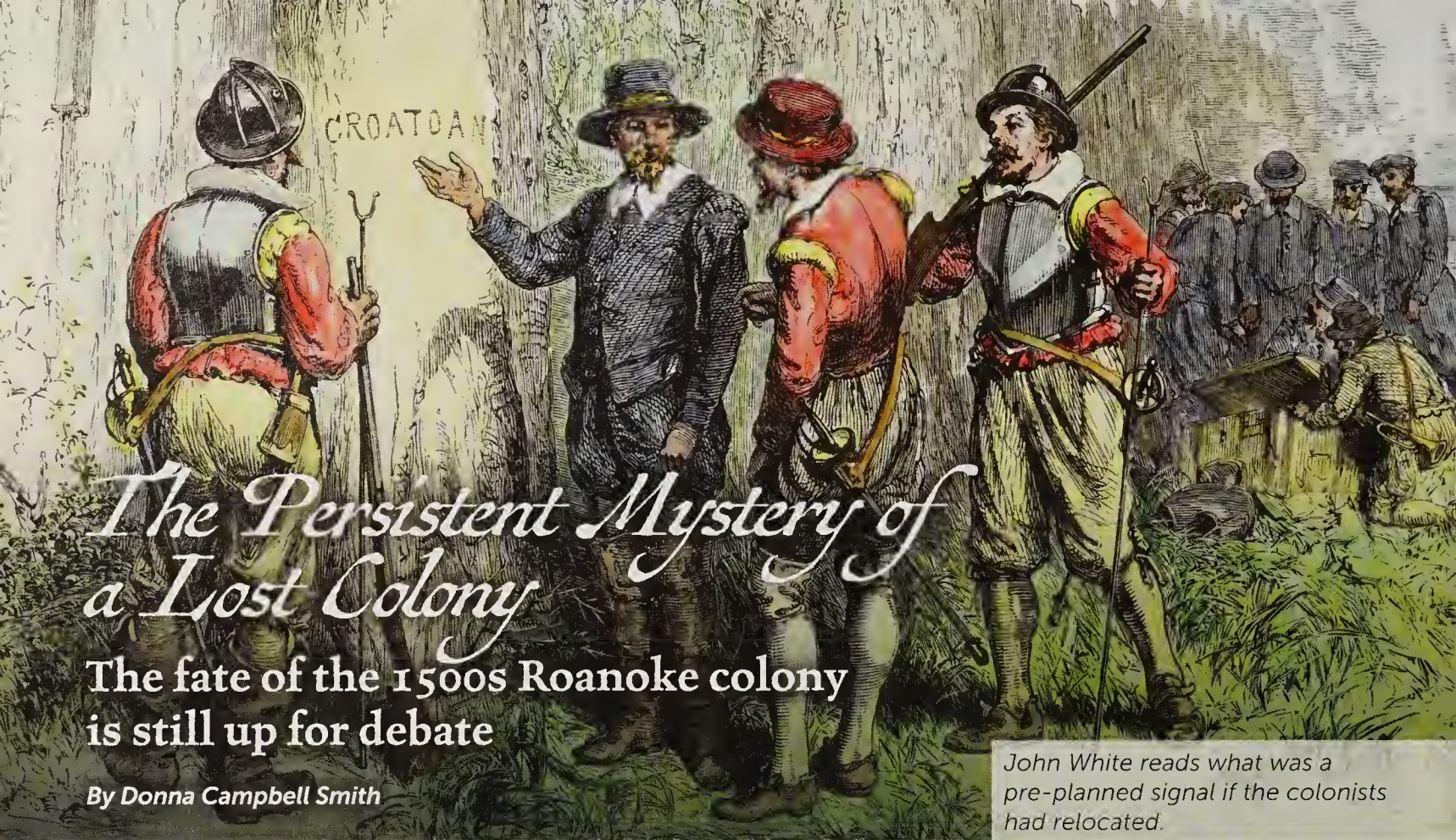
Shot bag for bullets, handmade by Douglas

Haversack, linen, handmade by Douglas.

Sword, handmade by a Williamsburg blacksmith, \$500

Musket, American-made reproduction from Fort Dobbs State Historic Site





The Persistent Mystery of a Lost Colony

The fate of the 1500s Roanoke colony is still up for debate

By Donna Campbell Smith

John White reads what was a pre-planned signal if the colonists had relocated.

Last fall, North Carolina's lost colony of Roanoke was brought back to the nation's attention as the setting of a TV series, "American Horror Story." The show's sixth season loosely followed the 16th century history of the first attempt by the English to colonize the new world, though portrayed it as a bizarre ghost story. That version of the story is news as far as locals know. Those interviewed don't know of any such legend. (What's more, it was filmed in Los Angeles, rather than the Carolina coast, showing mountains in the background.) In spite of those drawbacks, the series received good ratings.

For those of us who'd like to let folks know the real story of the Lost Colony, well, that can be a little tricky. No one is sure what happened to the first English settlement in the New World, which is what makes the story so intriguing.

What we know

In April 1587, John White was sent with 117 men, women and children to colonize the New World. A previous attempt by Sir Walter Raleigh had failed. They meant to settle in the Chesapeake Bay area, but stopped at Roanoke Island to look for 15 men left behind by Raleigh's previous colony. The ship's captain had abandoned them on the island. White learned that two of the 15 had been killed in an attack by the Secotan Indians, and

the remainder had fled. No one knows what happened to them.

Later, John White left Roanoke Island for England to resupply. When he arrived he found his ships were needed on the homefront because England was at war with Spain. He had no way to go back to Roanoke Island with the supplies.

When the war ended in 1590, John White finally returned to America. He found the colonists gone and the island deserted. The only clue left was the word "CROATOAN" carved on a post and the letters "C-R-O" carved into a nearby tree. This actually was a predetermined sign agreed upon by the settlers and White should they move before his return.

But White never confirmed their whereabouts, and as time passed, theories about the colonists' fate have run the gamut. Here are a few.

Theory 1: A tragic fate

One intriguing story was told to me by Mary Hampton, the granddaughter of Thomas B. Shallington. Shallington was a Tyrrell County native. In 1938, while surveying near an old graveyard on the south side of Alligator Creek, he found a stone that measured 26 inches long and weighed about 100 pounds. Here is what was so interesting



A 1939 clipping of the Daily Advance, detailing Shallington's find.

Whatever may have happened to the colonists, the fate of the 13 men from the previous voyage remains a mystery.

about this stone: On it was inscribed “Virginia Dare, B. Aug 1587, D. 1597.”

Robert W. White details the findings of other “Dare stones” in his book, “A Witness for Eleanor Dare,” and briefly mentions the Shallington stone.

In his book, White chronicles the discovery of a similar stone found on edge of the Chowan River in 1937 by Louis Hammond. He writes of other stones found in various locations, including near the Cape Fear River. These stones were inscribed with an account of an Indian attack and capture of the assumed inscriber, Eleanor Dare. She was the daughter of the colony governor John White and mother of Virginia Dare, the first English child to be born in the New World. The messages on the stones lead believers to the theory that most of the colonists were killed, and some taken captive, by local Native Americans.

Theory 2: Assimilation

An opposing theory speculates that the colonists and those native to the area lived together in harmony until, through intermarriage, they blended into one people. Evidence of this can be supported as English and native artifacts have been found in various archaeological digs along the North Carolina coast and the eastern mainland.

There is also written documentation of native people with phenotypical characteristics of Europeans, such as blue eyes and light hair, who lived on the coast, supporting the assimilation theory. These theories place colonists in various locations, including Virginia, the entire coast of North Carolina and some points inland. New information surfaces from time to time as archaeologists keep digging into the mystery.

In his book, “Touring the Backroads of North Carolina’s Upper Coast,” Daniel W. Barefoot described the finding of English and American Indian artifacts in the community of Beechland, located in the inland portion of today’s Dare County (formerly

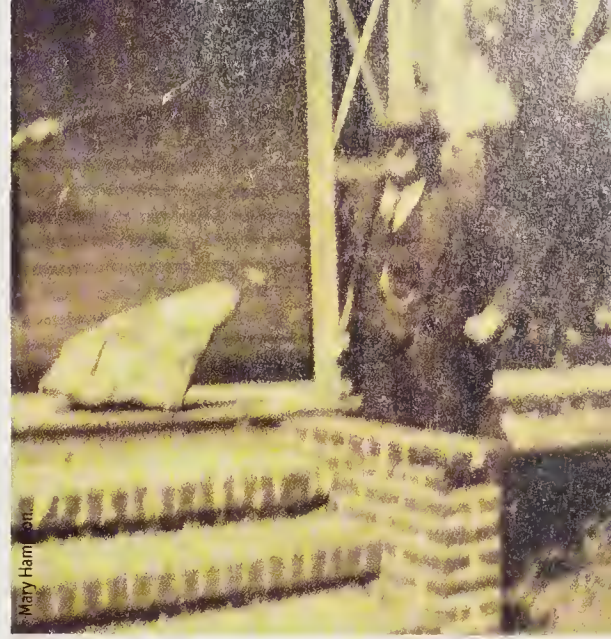
Tyrrell County). In 1956, workers for the West Virginia Pulp and Paper Company were building logging roads and canals in the area. They dug up a large mound. In examining the dirt dug up by their equipment, they discovered Indian arrowheads and pottery pieces. More astonishing, however, were the makeshift coffins: two dugout canoes lashed together. On the tops of the coffins were inscriptions of a cross and the letters “INRI.” The workers were commanded to re-bury the graves and continue with the tasks at hand. The land later was leased to the U.S. government to be used as a bombing range (likely destroying evidence of what might have held the key to the mystery of the Lost Colony).

Hatteras Island has given up clues making archaeologists believe the English colonists lived on the island with the Croatoan Indians. Digs have produced English artifacts dating to the 1500s, including a rapier handle, a slate writing tablet, pipes, a gold ring (later found to be brass and likely unrelated to the colony), bits of glass and sewing needles.

Theory 3: Inland relocation

Another theory puts the colonists in Bertie County, 57 miles inland from Roanoke Island. The fact that John White instructed them to move that distance before his departure to go back to England seems to further support that theory. This belief is based on the hidden image of a fort on a 16th century map of the area.

Jeff Hampton of The Virginian-Pilot newspaper reported the finding of English artifacts dating to the late 1500s in the area by Fred and Kathryn Willard. They’d found pottery pieces of both English and Native American origin, as well as stone tools and arrowheads by the handful, on property just off Highway 17 along the Chowan River near Edenton. This is the same area Louis Hammond found the inscribed stone in 1937.



Thomas Shallington found what is believed to be a Roanoke colony clue while doing survey work in 1938.

Theory 4: Island relocation

Scott Dawson, who founded the Croatoan Archaeological Society with his wife, Maggie, disputes the Bertie County theory. He believes documentation and archaeological evidence supports the theory that the colonists sailed 50 miles south, not west, from Roanoke Island to join the friendly Croatoans on Hatteras Island. He believes the Bertie County fort on the map was never built, which is why it was covered up and “hidden” on the map.

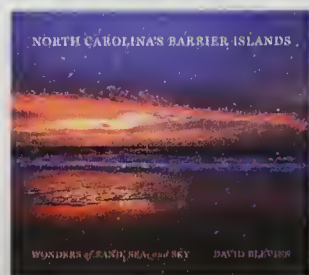
The wild card

Whatever may have happened to the colonists, the fate of the 13 men from the previous voyage remains a mystery. According to what the Croatoans told John White, the group escaped the Secotan attack. Perhaps these 13 escapees factor into some of the other theories, and it was those men from the previous colony who left what seem to be clues on the Carolina and Virginia sites.

It all remains a mystery, and good fodder for the imagination. Who can blame the producers of “American Horror Story” for borrowing from our legend to weave a story of their own?

This writer just wishes they could have replaced the mountains in the background with some sand dunes. 🌴

Donna Campbell Smith is a Carolina Country contributing writer who lives in Franklin County.



North Carolina's Barrier Islands

From snow geese midflight to breathtaking vistas along otherworldly dunes, photographer and ecologist David Blevins shows the natural diversity of North Carolina's coast in singular detail. Featuring more than 150 color images from Currituck Banks, the Cape Hatteras and Cape Lookout National Seashores and the islands of the southern coast, Blevins' words and photos help reveal the natural character of these islands, the forces that shape them, and the sense of wonder they inspire. The state's unique barrier islands have epic origins and are ever-changing places that face an uncertain future. "North Carolina's Barrier Islands" is not only a collection of landscapes, wildlife and plants, but is also an appeal to conserve them. Hardcover, 200 pages, \$35; e-book \$34.99.

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A Year of Picnics

Picnicking is a special way to eat and a wonderful opportunity to enjoy the outdoors. "A Year of Picnics" celebrates these ideas by presenting 20 themed, inspiring picnics tailored by settings and seasons. Each has a preface with personal reflections, several recipes, activity ideas and color photographs. Readers can savor this summer's bounty of produce through the Farm to Table picnic or revel in autumn's colors with the Falling Leaves picnic. Other themes include the High-Altitude Picnic, Children's Picnic, Coffee Break picnic and Movie Night picnic. In all, there are more than 70 recipes to help readers dine well, including instructions for Smoky Chai, Dried Cherry Granola and Ambrosia Parfaits, and Romanian Meatball Soup. Author and homesteader Ashley English also provides tips on selecting locations, advice for packing baskets and a recipe for natural bug spray. English, a member of Haywood County EMC, lives in Candler. The book's photographer, Jen Jacobs (formerly Jen Altman), lives in Hendersonville. Published by Roost Books. Hardcover, 240 pages, \$24.95.

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Still & Barrel

Making liquor in North Carolina is nothing new. Wilkes County, which was once dubbed the "Moonshine Capital of the World," was a leading producer of illegal liquor for decades. Today, descendants of famous moonshiners are craft distillers carrying on the family tradition legally. They include people like master distiller Brian Call at Call Family Distillers, who is descended from Reverend Daniel Call, who sold his still seven generations ago to burgeoning entrepreneur Jack Daniels. Author John Trump traces the history of manufacturing moonshine from its storied past to the modern artisan movement, in which passionate distillers' wares include vodka infused with Tobago pepper, rum made from sorghum and molasses, and aged red-wheat organic whiskey. Trump's book doubles as a guide to visiting the state's many distilleries, and is imbued by history and compelling stories about people and their passion. Illustrated with black and white photographs and published by John F. Blair, Publisher, in Winston-Salem. Softcover, 208 pages, \$19.95.

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The Golden Age of Pinehurst

The revered Pinehurst No. 2 golf course, designed by the legendary Donald Ross, was one of the finest in America in the early 1900s. The physically and mentally demanding course, which first opened in 1907, gave players options on every hole. It required them to envision and execute recovery shots from the sandy perimeters and the pine forests as well as think creatively around the intricate greens. It became a favorite of the nation's top amateurs and professionals. Unfortunately, modernization stripped the course of much of its character. In "The Golden Age of Pinehurst," sports author and Chapel Hill resident Lee Pace chronicles the restoration of No. 2 from its recent, slick presentation back to a natural potpourri of hardpan sand, wire grass, and Sandhills pine needles. The book's second edition, shown here, includes events from the 2014 Open Championships at the No. 2 course. Illustrated with color photographs and published by Pinehurst LLC. Hardcover, 336 pages, \$49.95; e-book \$16.19 (Amazon.com's Kindle store).

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Buying a Home for the First Time?

To best know your options, learn the financial lingo

Are you a first-time homebuyer? You may discover that one of the biggest obstacles in purchasing a home is understanding the financial phrasing associated with loans. Sometimes the terminology can seem like another language.

It's important to know what key phrases mean so you can shop confidently and knowledgeably. Here are some top terms you'll hear, as explained by professionals at the Federal Home Loan Mortgage Corporation (Freddie Mac). For more resources, including a homebuying blog, visit myhome.freddie.mac.com.

Pre-approval letter. A letter from your lender telling you how much home you can afford and the maximum amount you are qualified to borrow. Having a pre-approval letter while shopping can help you move faster and with greater confidence in competitive markets.

Appraisal. After you make an offer on a home, your lender will order an appraisal to get a professional opinion on its value. This is a necessary step in getting financing secured, as it validates the worth to you and your lender.

Closing costs. In addition to a home's price, a buyer must pay

"closing costs" to complete the real estate transaction. This includes taxes, title insurance, financing costs, items that must be prepaid or escrowed and other costs. Closing costs are generally two to five percent of your home purchase price.

Escrow. The holding of money or documents by a neutral third party before closing, escrow can also refer to an account held by the lender or servicer into which a homeowner pays taxes and insurance.

Mortgage rate. The interest rate you pay to borrow money for your house. The lower, the better.

Fixed-rate mortgages. A mortgage with an interest rate that doesn't change during the term of the loan, and is typically 15 or 30 years.

APR. This stands for annual percentage rate. It's a broader measure of your cost for borrowing money and includes the interest rate, points, broker fees and other credit

charges you'll be required to pay. Because these costs are rolled in, the APR is usually higher than your interest rate.

Credit score. A number generally ranging from 300 to 850 based on an analysis of your credit files. Your score plays a significant role as it helps lenders determine the likelihood that you'll repay future debts. The higher your score, the better your credit is seen to be and the more options you will have, including lower interest rates.

Private Mortgage Insurance (PMI). If you make a down payment of less than 20 percent on your conventional loan, your lender will require PMI. PMI serves as an added insurance policy protecting the lender if you're unable to pay your mortgage, and it can be cancelled from your payment once you reach 20 percent equity in your home. 

—StatePoint



Pack Like a Pro

Six tricks to fit it all in for your next trip

Whether it's family road tripping, business travel or a romantic getaway, exploring new places is exciting. You may be counting down the days until you leave, but, like many people, you may dread packing. Deciding what earns a spot in your suitcase is hard enough, let alone figuring out how you can fit it all in.

Do you look with envy at jet-setters who only tote a small carry-on? It's because years of travel experience has taught them packing tricks that make the process simpler. You can use their same strategies, no matter how near or far you plan to travel.

1 Select double-duty clothing items.

Check the weather for your destination so you pack only items appropriate for the forecast. Want to take it one step further? Choose items that multitask. For example, a large scarf can be a stylish accessory and also be used as a blanket on the plane or at the beach.

2 Select space-savers.

For toiletries, choose travel sizes. Then leave them behind at the end of your trip to open up luggage space to bring home mementos. To avoid luggage spills and leaks, place the toiletries in resealable plastic bags or add plastic wrap to the tops

of bottles before screwing on the caps. Placing your items in clear bags and toiletry cases helps you locate toiletries quickly. For hair, large box stores, outfitters and drugstores often sell small brushes. Compact, folding hairdryers on the market include those like the Panasonic EH-NA27-K Nanoe.

3 Prevent wrinkling.

To prevent wrinkles on delicate items, try wrapping them around soft, bulky items. For example, wrap a silk blouse or cotton trousers around a sweater. Avoid folding clothing any more than necessary. In fact, many people use a rolling method for packing clothes to save space and prevent wrinkles.

4 Utilize odd-shaped items.

Shoes take up a lot of luggage space, so strive to select no more than three pairs. Wear the heaviest or bulkiest pair while traveling. Place shoes along the sides or bottom to

strengthen the bag and then stash items inside (such as socks and electronics like chargers).

5 Bring some bags.

Resealable plastic bags are your secret weapon. Use them if you need a bag to take toys down to the pool, a place to put dirty clothes, or something to place soggy swimsuits in before you check out of the hotel. If your travels take you near water, use them to keep valuables dry.

6 Manage makeup.

Pack multi-use items, such as a lipstick that can also be used as blush or an eye shadow with applicator brush that you can use on eyebrows. To prevent eye shadows and pressed powders from cracking, place a pressed cotton pad between the powder and the lid. 

—Brandpoint



carolinacountry.com/extras
Get packing tips from master travelers.



Independence Day Word Search



Can you find the words associated with Independence Day in the puzzle? Use the word bank below to check your work.

America	Celebration	Fireworks	White	Red
Blue	Picnic	Stars	Stripes	Independence

X	E	D	F	J	J	I	B	V	K	U	D	W	S	Z
K	G	A	L	F	S	N	B	A	Q	Z	B	E	Z	N
P	I	C	N	I	C	D	M	W	C	J	P	I	R	R
M	P	L	T	G	U	E	R	A	Z	I	B	O	W	L
O	A	M	X	W	J	P	V	C	R	L	R	A	E	C
D	C	O	Y	L	H	E	D	T	U	W	Y	E	E	G
E	G	W	A	H	B	N	S	E	H	V	L	L	M	B
E	A	H	M	F	X	D	L	N	E	U	E	U	X	A
R	Y	I	A	U	C	E	J	B	B	B	O	I	G	C
F	M	T	P	O	D	N	T	X	R	U	M	B	J	P
Y	L	E	D	N	R	C	A	A	S	I	I	E	V	D
P	P	D	C	D	N	E	T	D	Q	T	C	A	Y	S
R	Z	A	E	V	T	I	Z	O	X	S	A	Z	L	W
A	L	S	K	R	O	W	E	R	I	F	Z	R	J	G
U	A	N	F	N	S	B	J	G	G	V	D	Y	S	S

Safety Tip:

Always have an adult supervise fireworks activities. Only people over the age of 12 should be allowed to handle sparklers of any type.

For answers: carolinacountry.com/julywordsearch

Add Sizzle to Your July Fourth

Sweet twists dress up timeless favorites

Dazzling fireworks may be the grand finale for your Independence Day celebration, but you can make your menu a close second. From bold burgers to a fun DIY dessert bar, let your menu help guests feel festive all day long. Find more recipes at culinary.net and bordencheese.com.



Barbecue Burger

- | | |
|---------------------------------|---|
| 1 pound ground beef | ¾ cup barbecue sauce |
| ½ cup chopped green onions | 1 tablespoon honey |
| ½ teaspoon garlic powder | 4 slices cheese |
| ½ teaspoon cayenne pepper | 8 slices thick bacon, cooked until crispy |
| 3–4 tablespoons steak seasoning | 8 frozen onion rings |
| 4 hamburger buns | 4 slices tomato |
| ½ stick melted butter | Fresh lettuce as needed |

Combine ground beef, green onions, garlic powder and cayenne pepper; form into four patties. Sprinkle both sides of each patty with steak seasoning. Cover and chill. (Patties can be made several hours in advance.)

Brush buns with melted butter; set aside. In small bowl, mix barbecue sauce with honey; set aside.

Grill burgers on medium-high heat to an internal temperature of 160 degrees, about 4–6 minutes per side. Two minutes before burgers are finished, grill buns, butter side down, until golden brown. Place cheese slices on burgers to melt.

Serve each burger on buttered bun topped with two slices bacon, two onion rings, honey barbecue sauce, lettuce and tomato.

Yield: 4 servings

Honey Baked Beans

Recipe courtesy of the National Honey Board

- | | |
|--|-----------------------------------|
| 4 slices bacon, diced | ½ cup ketchup |
| ½ cup chopped onion | 1 tablespoon prepared mustard |
| 4½ cups cooked navy beans (or three 15-ounce cans) | 1 tablespoon Worcestershire sauce |
| ½ cup honey | |

Preheat oven to 350 degrees.

Sauté bacon and onion until onion is tender; combine with remaining ingredients in shallow 2-quart, oven-safe baking dish. Cover with lid or aluminum foil and bake 30 minutes. Uncover and bake 45 minutes longer.

Yield: 4–6 servings



DIY Sundae Bar

Let guests of all ages create their own dishes of deliciousness. Start with a supply of cups and spoons, along with napkins to mop up inevitable drips. Then fill the bar with a sampling of ice cream flavors, such as vanilla, chocolate and strawberry, and options like:

- | | |
|--|---|
| ■ Fresh fruit | ■ Crunchy favorites like crumbled cones or salty pretzels |
| ■ Crushed candies and cookies | ■ Coconut (raw and toasted) |
| ■ Sauces (chocolate, caramel and something fruity) | ■ Whipped cream |
| ■ Assorted nuts | |

—FamilyFeatures.com



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I Remember

Memories and photos from our readers



Patricia Joynes

Family Bonding on Night Hikes

In Blowing Rock, our three teenage daughters sometimes became argumentative enough to cause chaos in our house. When no pleas for peace and quiet were obeyed, I demanded that the family make a night hike up to the Moses Cone gravesite. The “forced” hike began at the Moses Cone Manor, went through a tunnel under the Blue Ridge Parkway, and then climbed on a wooded trail to the high meadows of the graveyard. The hike was made in total darkness with the three girls clutching each other in fear. Gone were their arguments, and they stayed close to Mom and to Dad who carried the only flashlight.

By the end of the 90-minute hike, peace was restored and pettiness was replaced with laughter. After the first forced night hike, just the threat of it was usually enough to alter attitudes, although it was repeated about once a summer until the girls no longer lived at home.

Today, the Moses Cone night hike is a family tradition with the three daughters and their children walking the scary mountain path in the cause of family unity while Granddad still holds the only flashlight.

*Monty Jones, Blowing Rock
A member of Blue Ridge Energy*



Owen and Alyce Walker

Camping Trip Cut Short

In 1958, our family camped at Myrtle Beach, South Carolina, for the July 4th week. We loaded up our Standard Coffee Panel truck and left home about 1 a.m. on Saturday morning after Dad completed the second shift at Stonecutter Textile Mills. When we arrived at Myrtle Beach Park, there were six families waiting, and we were all admitted to the camping area. We helped unpack the truck, set up the tent, and my brother and I hurried off to the Atlantic Ocean.

Our days were spent playing and floating in the constantly moving salty waves and enjoying the sandy beaches and hot summer days. Each morning we awakened to the aroma of dad’s country-cured ham, cooking in an iron skillet, on the open fire. Dad spent his days fishing off the pier. On Thursday, with an unexpected tug his new rod and reel fell into the ocean. He cut our vacation short, and we returned home.

Later that summer, an Air Force jet trainer plane crashed into the same pier, killing four. We were thankful daddy was not fishing off the pier when the crash occurred.

*Patricia Walker, Rutherfordton
A member of Rutherford EMC*

Send Us Your Memories We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we’ll pay \$50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

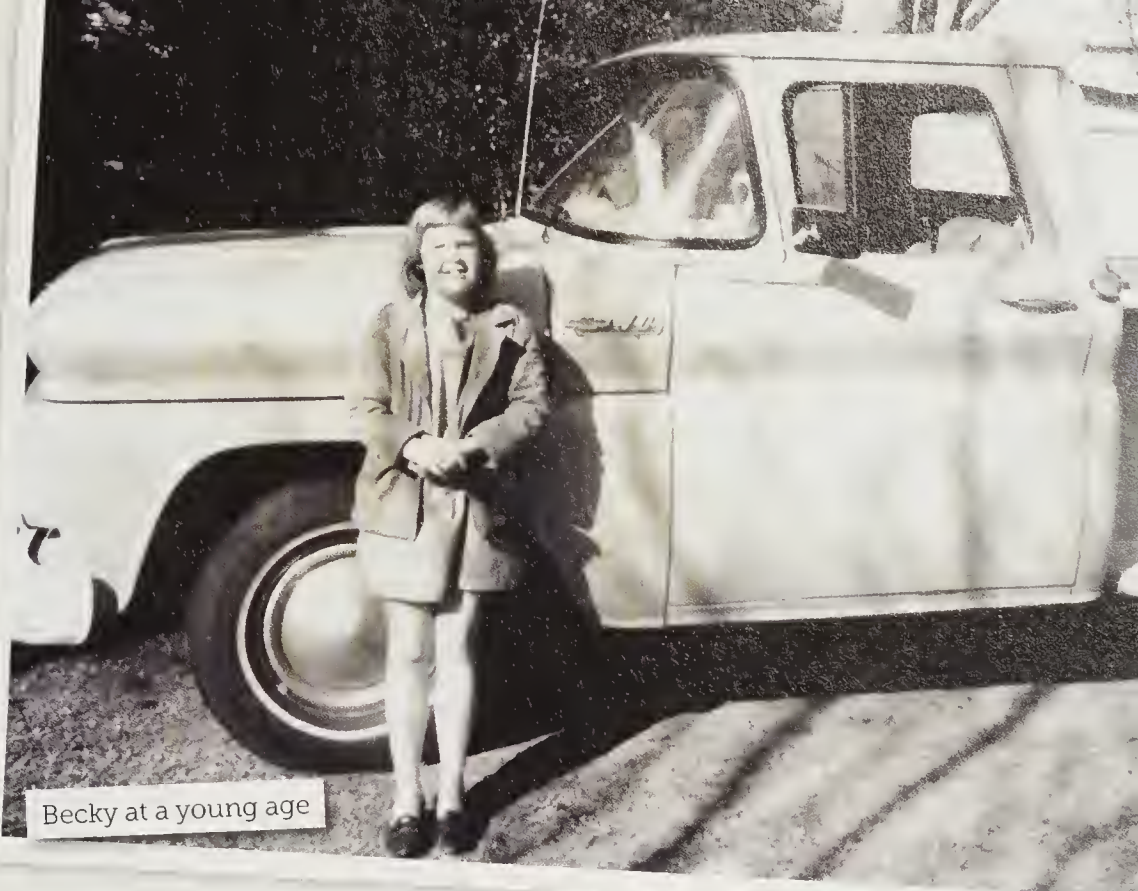
A New Road to Sunset Beach...

... or according to my Dad, a shorter way to a longtime favorite fishing hole. "Surf fishing diehards to the end" is an accurate description of my parents. Along with a few close friends, surf fishing was a way of life in the fall. We lived in Crescent Beach, South Carolina (today North Myrtle Beach), which made Sunset Beach a short drive away.

Dike work had been completed, creating what is today Twin Lakes. These dikes enabled the new road to Sunset Beach to become a reality. Taking a left at Bonaparte's Landing, we would take a two-rut sandy path to the dikes and on to the cable-operated barge (bridge) to Sunset Beach. Having only the family car, Dad carried boards and a shovel for the sandy road. Upon meeting another vehicle, someone had to give (four-wheel drives were not so commonplace)! The boards had to be laid on the side of the road for us to move over as the other car passed. We would back up into the road, pick up our boards and continue down the road. We would do this as often as necessary. Everyone always pitched in to help, sometimes using their own boards. Passing was a friendly encounter!

Today at 65 years old, the wonderful memories of my Dad's determination and love of fishing has stayed with me. What an adventure from the eyes of a 9-year-old boy!

*Paul W. McCord, Millers Creek
A member of Blue Ridge Energy*



Becky at a young age

Searching for Lost Friends

I've had such a strong, non-stop pull recently to find a lost family friend and his sister. I'm 57 years old, and most of my family and friends have passed away, especially my one friend who had the answers.

I am hoping someone can help me find a lost family friend and his sister. I am looking for Billy (or William) Smith who grew up in the Rockingham-Albemarle area around 1966 to 1973. Billy Smith had sandy blonde hair, blue eyes and freckles, which he didn't like much.

A mutual friend's name was Frances Louise Lee (My BFF in our tweens). All three of our parents worked in the cotton mills together. My parents were Fred and Justine Roberts. Frances' parents were Emily and Lawrence Irvin Lee. And Frances has an older brother, also named Lawrence Irvin.

I believe Billy was a cousin of Frances or a close family friend. Billy, his sister and mother lived in the apartments on Rockingham Road near uptown Rockingham from 1966 to 1968. They then moved to Albemarle. Frances and I lived on Main Street in Hamlet at that time.

Billy remains fresh in my memories from childhood. I remember once my mom and I had walked across the

street from home to get groceries at the Colonial Store. When we got home, Billy was there to visit. We lived in a second-floor apartment and had locked ourselves out. Without a thought, Billy hung out over the two-story stairwell to grab and shimmy through a small four-pane window into our apartment to open the door. We were afraid that he would slip and fall, but he didn't.

Billy always said that his first car would be a red Mustang and he would give us girls a ride. He kept his word. He tried to surprise us, and when he came by to give us our ride, he had another surprise — he had joined the Navy. Billy enlisted at 17. I believe it was 1973. Sadly, I didn't get that surprise ride because the only people who got to see him were my parents. He was running late and had to get to the base on time. When I came home two hours later, my parents couldn't find the number and address he had given them on a slip paper. Shortly after, my folks moved the family to Cordova, and life took over.

I would really like to meet or talk to Billy's sister, wife or someone that served in the Navy with him. Write to me at Mrs. Becky Gallops, PO Box 164, Cordova, NC 28330.

Becky (Roberts) Gallops, Rockingham, a member of Pee Dee Electric

where

in Carolina Country is this?



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our August issue, will receive \$25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

June winner

The June Where is This photo by Scott Gates features Ken Wilson's Store, located on Highway 111 & 142 at Fountain's Crossroads between Tarboro and Oak City in Edgecombe County. According to reader Julie Rawls, the store was previously owned by Sam and Alice Wilson and known as the S.F. Wilson Store, a.k.a. Sam Wilson's Store. Mrs. Wilson served on the Edgecombe-Martin County EMC board of directors for many years. The store, now Ken Wilson's Store, is a thrift shop and gathering place for locals to share community news and catch up with each other. The winning entry, chosen at random from all the correct submissions, came from Annette Glover of Elm City, a Pitt & Greene EMC member.



June

CAROLINA COUNTRY

scenes

Photo of the month

Empty Beach = Simple Pleasures

After walking to the Atlantic shoreline, we found miles of empty beach all to ourselves. Our youngest son Bryson raced around exploring the shore and reporting his findings to us. I'll never forget the smile on his face.

Steven Hagaman, Zionville,
Blue Ridge Energy

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2017). See even more Photos of the Week on our website carolinacountry.com.



Drug Companies Fear Release of the New AloeCure



Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®**, **Nexium®**, and **Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested **Acemannan**, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know

Acemannan has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called **Acemannan**. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The **acemannan** used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your

body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body - even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE 1-800-746-2896 and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

July events



4th of July Festival July 1-2, Blowing Rock

Mountains

Antique Auto Club Car Show

Swap meet, prize drawings
June 30-July 1, Fletcher
828-586-4517
mountaineerantiqueautoclub.com

Christmas in July Festival

Vendors, street dances
July 1, West Jefferson
866-607-0093
christmasinjuly.info

4th of July Festival

July 1-2, Blowing Rock
828-295-5222
blowingrock.com/july4th

Civil War Battle Reenactment

July 1-2, Huntersville
704-875-2312
lattaplantation.org

Mile High Fourth of July

Parade, party in park
July 1-4, Banner Elk & Beech
Mountains
800-468-5506
milehighfourth.com

Bluegrass Festival

July 1-4, Morganton
828-438-5350
redwhiteandbluegrassfestival.com

Extravaganza

Fireworks, evening rides
July 4, Blowing Rock
877-898-3874
tweetsie.com

Liberty Parade

Dancing, live music
July 4, Todd
828-263-6173
toddnc.org/liberty-parade

Summer Exhibition Celebration

Refreshments, meet the artists
July 7, Boone
828-262-4046
tcva.appstate.edu/exhibitions/2086

Oil Painting Demo

With Al Ramirez
July 7, Asheville
828-254-2068
sales@galleryofthemountains.com

Teenage Mutant Ninja Turtles

July 7-9, Blowing Rock
877-898-3874
tweetsie.com

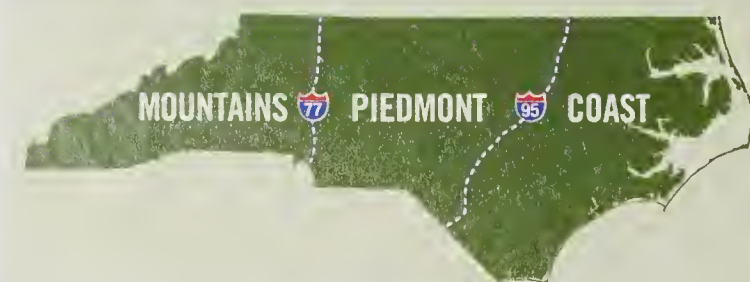
Wayne Henderson & Helen White

Summer Music Series
July 8, Todd
828-263-6173
toddnc.org



carolinacountry.com/calendar

See more events online with photos, descriptions, maps and directions.



Listing Deadlines:

For Sept.: July 25
For Oct.: Aug. 25

Submit Listings Online:

carolinacountry.com/calendar
(No email or U.S. Mail.)



Monday Street Dances

July 10-Aug. 14, Hendersonville

Blackberry Festival

July 8, Lenoir
828-726-0616
ncblackberryfestival.com

Eastern Festival Orchestra

Appalachian Summer Arts Festival
July 9, Boone
828-262-4046
appsummer.org

Maid's Door

Play about Alzheimer's Disease
July 13-14, Boone
828-262-4046
appsummer.org

Melissa Reaves

Summer Music Series
July 15, Todd
828-263-6173
toddn.com

Momix: Opus Cactus

Dance illusionists
July 21, Boone
828-262-4046
appsummer.org

Piecemakers Quilt Guild Fair

July 21-22, West Jefferson
828-406-9242
priggs@skybest.com

Wild Herb Weekend

July 21-23, Valle Crucis
336-467-0594
ncherbassociation.org

Onceblind

Friday After Five concert
July 28, Statesville
704-878-3436
downtownstatesvillenc.org

Tour of Homes

July 28, Blowing Rock
824-295-7323
stmaryofthehills.org/tour-of-homes

ONGOING

The Dixie Swim Club

Comedy about friendships
July 7-22, Flat Rock
828-693-0731
flatrockplayhouse.org

Bonnie & Clyde

Musical about outlaws
July 8-22, Burnsville
828-682-4285
parkwayplayhouse.com

Monday Street Dances

July 10-Aug. 14, Hendersonville
800-828-4244
visithendersonvillenc.org



Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Southern Migrations

Contemporary landscape paintings
July 15-Aug. 20, Asheville
828-253-7651
grovevood.com

K-9s In Flight Frisbee Dogs

July 22-29, Blowing Rock
877-898-3874
tweetsie.com

Joseph and the Amazing Technicolor Dreamcoat

Biblical musical
July 28-Aug. 20, Flat Rock
828-693-0731
flatrockplayhouse.org

Piedmont

Firecracker 4 Miler

July 4, Fayetteville
910-494-6708
bit.ly/firecracker2017

4th of July Celebration

July 4, Fort Bragg
910-396-9126
bit.ly/bragg4th-2017

SouthEast Crab Feast

July 4, Fayetteville
910-835-5088
eventbrite.com

July 4th Celebration

Bounce houses, craft vendors
July 4, Hope Mills
910-426-4110
townofhopemills.com

Cymbeline

Themes of identity, romance
July 6, Fayetteville
910-420-4383
sweetteashakespeare.com

Rick Ross & K. Michelle

Rap, rhythm and blues
July 7, Fayetteville
910-438-4100
crowncomplexnc.com

Strong Sun Powwow

Native American dancing
July 7-9, Kernersville
336-692-2759
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visitdowntownfayetteville.com

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Features downtown galleries
July 13, Fayetteville
910-222-3382
facebook.com/artwalkabout

Open House

Armory, transportation museum
July 14, Fayetteville
910-433-1457
fcpr.us

Fayetteville After 5

July 14, Fayetteville
910-323-1934
faydogwoodfestival.com

NC Peach Festival

July 15, Candor
910-974-4221
ncpeachfestival.com

Civil War Round Table

Speaker Matthew Borowick
July 15, Charlotte
704-568-1774
charlottemuseum.org

African World Peace Festival

Music, dancing, 5K
July 15, Fayetteville
910-728-2186
africanpeacefestival.org



Croaker Festival
June 30–July 2, Oriental

Garden Folk

Food truck, meet author
July 20, Fayetteville
910-486-0221
capefearbg.org

Glow Fun Run

July 21, Fayetteville
919-774-9462
pdync.org/glow-fun-run

Dragon Boat Festival

July 29, Salisbury
704-633-4221
rowanchamberdragonboat.com

Highland Scots of NC Tea

July 30, Charlotte
704-568-1774
charlottemuseum.org

ONGOING

Stepping into the Craft

Demos, activities
Saturdays, Seagrove
336-707-9124
discoverseagrove.com

Serious Fun

Jewelry, fiber art, paintings
July 24–Aug. 20, Hillsborough
919-732-5001
hillsboroughgallery.com

Coast

Croaker Festival

Parade, Zumba, games
June 30–July 1, Oriental
252-571-5883
croakerfestival.com

Painted Man

Sunday in the Park concert
July 2, Greenville
252-329-4567
greenvillenc.gov

Independence Day Celebration

Inflatables, music
July 4, Greenville
252-329-4200
greenvillejaycees.com

Holiday Island Daze Christmas in July

Vendors, face painting
July 8, Hertford
757-404-5272
rosegatestudio@gmail.com

Pro Rodeo

Bull riding, barrel racing
July 21–23, Newport
252-223-4019
newportfleamall.com

ONGOING

The Sound of Music

Governess inspires children
July 21–Aug. 5, New Bern
252-259-3057
rivertowneplayers.org



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July 4th Celebration
July 4, Hope Mills



Dragon Boat Festival
July 29, Salisbury



Penelope Barker House Welcome Center and cannons in Queen Anne Park



1886 Roanoke River Lighthouse



Cupola House



Tea Party Site

Edenton Shines Along the Albemarle Sound

This coastal community continues to celebrate more than 300 years of history

Text by Renee Gannon | Photos by Chowan County Tourism Development Authority

A small band of settlers from Jamestown, Virginia, first spotted this natural harbor along the Inner Banks region of northeastern North Carolina in 1658. The settlement along Mattercommack Creek, later called Queen Anne's Creek, finally became established in 1712, with a small courthouse erected in 1718 for the colonial settlement later to be named Edenton, in honor of NC Governor Charles Eden.

Edenton is home to a veritable who's who list in history: Joseph Hewes, a signer of the Declaration of Independence and the first Secretary of the U.S. Navy; Samuel Johnson, a revolutionary war leader and the first U.S. Senator from North Carolina; and James Iredell, NC Attorney General during the Revolutionary War and appointed by George Washington to serve on the first U.S. Supreme Court.

Women also made their mark here, with Penelope Barker organizing 51 local women to a letter of protest declaring a boycott of English Tea and other products to King George III. This "Edenton Tea Party" in 1774 is the first known political action by women in this nation's history. Harriet Jacobs, an African American slave born in Edenton in 1813, made her heroic mark in the world by fleeing her abusive life, then hiding under her free grandmother's porch in town for many years before escaping Edenton via the maritime

Underground Railroad. Jacobs published her memoir, "Incidents in the Life of a Slave Girl," in 1861.

Soak in the history and charm of Edenton by foot, along historic walking tours provided at the visitor's center. Or view the town by water—either kayaking in Edenton Bay, the Albemarle Sound, the Chowan River or Queen Anne's Creek—or aboard a sightseeing vessel such as the "Liber-Tea," where Captain Mark Thesier regales passengers with tales of the waterfront town (with a Blackbeard story mixed in as well).

Points of Interest

Much of the waterfront today looked different just 100 years ago. The bucolic open space and marina once held a beehive of railroad spurs, fish warehouses and lumber mills. But the historic district and downtown remains mostly as it has always been, including the 1725 Cupola House, which still stands guard overlooking Edenton Bay.

■ **Penelope Barker House Welcome Center:** This relocated home of Penelope Barker overlooks Edenton Bay and offers maps, trolley tours and exhibits.

■ **1767 Chowan County Courthouse:** Considered the most-intact Colonial Courthouse in the U.S., and it's one of the oldest still holding court sessions four times a year. Ballast stones from

visiting ships were used to construct the foundation.

■ **Tea Party Site:** Though the tea party home no longer stands, a tea-pot sculpture created in 1905 stands atop a vertical cannon marking the location along the courthouse green.

■ **Hewes Monument & cannons in Queen Anne Park:** The Joseph Hewes monument located at the waterfront end of the courthouse green serves as the center of July 4 activities. Benjamin Franklin placed the three cannons to protect the town during the late 1700s.

■ **1886 Roanoke River Lighthouse:** This river lighthouse once guarded the Roanoke River entrance to the sound. Moved to the waterfront park in 2007 and restored for visitors. 📍

+ carolinacountry.com/extras

Check out the Chowan County Courthouse as it prepares for the recent Supreme Court session. Ride along with Senior Associate Editor Renee Gannon aboard the "Liber-Tea."

Know before you go

Edenton is home to several bed and breakfast inns within the historic district and near the waterfront. Find out about monthly events, places to stay, dine and things to do (including Steamers baseball) at visitedenton.com or call 800-775-0111.

Energy Efficiency Considerations for Homebuyers

By Pat Keegan

Many homebuyers do not consider energy costs when house hunting, which are significant expenses for any home. The average home costs approximately \$2,000 in energy expenses per year. Small savings can really add up over the life of the home!

The type of new home you're in the market for can have a strong influence on energy performance. For example, the size of a home is one of the most important factors that will determine energy costs. As square footage increases, lighting requirements increase, and more importantly, the burden on heating and cooling equipment increases.

In general, newer homes have better energy performance due to advancements in building codes, but buying a new home does not guarantee efficiency. Building codes are not always enforced, and a minimum-code home is not nearly efficient as homes built to a higher standard. For example, if energy efficiency or green features are a high priority, look for homes that have Energy Star®, Built Green or Leadership in Energy and Environmental Design (LEED) certifications.

Newer manufactured homes are typically much more efficient than older manufactured homes but do not have to meet the same energy code requirements of site-built homes. Residents of manufactured homes spend about 70 percent more on energy per square foot of living space than residents of site-built homes.

Manufactured homes built after 1994 or that have an Energy Star label have superior energy performance.

For those settled on a specific home, one of the first factors to consider is how the energy performance of that home compares to similar homes. Although you may request electricity, natural gas or propane bills from the sellers so that you can estimate the cost to heat and cool the home annually, this is not a precise measure of home energy performance.

The Home Energy Rating System (HERS) Index is like a "miles per gallon" rating for a home that allows consumers to comparison-shop based on energy performance, similar to the way they can comparison-shop for cars. A certified RESNET Home Energy Rater will need to inspect the home and develop a HERS rating. This rating can be done during the inspection process, or you may request a HERS rating from the seller.

Although many homebuyers focus on energy features that have the strongest impact on the aesthetics of the home, such as windows and lighting fixtures, it's the hidden systems like appliances that have the most impact on energy performance.

Heating and cooling systems consume about half of a home's energy use and are costly to replace. If the home's heating system is more than 10 years old, it may be necessary to replace it in the near-term. And if the seasonal energy efficiency rating (SEER) for the home's air conditioning system is less than 8, you will likely want to replace it.

A home's building envelope insulates the home's interior from the outdoor environment and includes features like doors, walls and the roof. If the quality of the building envelope is compromised, it can contribute to higher heating and cooling costs. R-Value is the thermal resistance measurement used for insulation, indicating its resistance to heat flow. You may want to learn about the recommended R-value for homes in your region so you will have a general sense about the quality of a home's building envelope.

If energy investments will play a big role in determining what house you make your future home, it can be helpful to call your local electric cooperative—many can assist with energy audits and provide information on incentives for energy efficient heating and cooling equipment. 

This column was written by Pat Keegan of Collaborative Efficiency. Visit carolinacountry.com/your-energy for more ideas on energy efficiency.



A home's insulation levels will significantly impact heating and cooling needs.

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Considerations for a New Water Heater

By Hannah McKenzie

Q: My home's 40-gallon electric water heater needs to be replaced. How do I select a water heater and fuel that will keep energy costs as low as possible?

A: Selecting a water heater can be tricky. Many options are available, and the sticker shock from energy-efficient models may be off-putting at first. However, water heaters use the second-largest amount of energy in most homes (behind heating and air conditioning) and last 10 to 15 years, so it is important to look beyond the purchase price and to long-term operating costs.

Electric Storage Water Heaters

If your budget for a new water heater is tight, conventional electric storage water heaters tend to have the least expensive upfront product and labor costs—ranging from \$750 to \$820—but are typically more expensive to operate. The Life Cycle Costs table below can give you an idea of what this means in dollars over a 13-year period.

Gas Storage Water Heaters

The next step up in efficiency are gas storage water heaters, which over 13 years can be up to \$1,000 less expensive to install and operate than electric storage water heaters. That said, due to the price of fuel (gas or propane) fluctuating and the possible challenge of getting fuel in rural

areas, double-check fuel availability and rates to determine which energy source is best for your budget. Typically, gas water heaters, especially Energy Star® certified models, are an excellent investment when you have a tight budget.

Other Considerations

Bigger is not better when it comes to storage water heaters. Energy is wasted while hot water is not being used, so understanding your household's peak hot water use (morning showers, for example) can help you select the smallest model that still keeps people, dishes and clothes happy and clean. The U.S. Department of Energy's online water heater sizing guide, available at bit.ly/water-heater-size, is one handy source.



An electric heat pump water heater

If purchase price is not a limitation, consider two other energy-efficient water heater options: demand gas and electric heat pump water heaters. While both technologies offer energy savings and benefits, a variety of factors will determine whether either is a good fit for your household. Visit smarterhouse.org for more information about replacing your water heater.

Next month, we will explore a completely different animal in home water heating: solar water heating systems. **G**

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Water Heater Life Cycle Costs (for 13-year operation)

Water heater type	Storage volume (Gallons)	Efficiency factor (EF)	Cost ⁽¹⁾	Cost over 13 years ⁽²⁾	Total cost
Minimum efficiency electric storage	50	0.90	\$750	\$8,550	\$9,300
High-efficiency electric storage	50	0.95	\$820	\$8,245	\$9,065
Conventional gas storage	40	0.60	\$850	\$5,394	\$6,244
High-efficiency gas storage	40	0.65	\$1,025	\$5,220	\$6,245
Demand gas (no pilot)	<2	0.82	\$1,600	\$4,560	\$6,160
Electric heat pump water heater	50	2.20	\$1,660	\$5,210	\$6,870

¹ Costs are rough estimates that include installation and are based on internal and other surveys.
² Based on hot water needs for a typical family of four with energy costs of 12 cents/kWh for electricity, \$1.40/therm for gas and \$2.40/gallon for oil.
Source: American Council for an Energy-Efficient Economy (ACEEE), 2015

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Customer Rating ★★★★★

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The Allure of Pond Fishing

Finding the right lure can make for big fun on small ponds

By Mike Zlotnicki

North Carolina is blessed with some fine freshwater fishing. Thousands of miles of mountain trout streams combined with thousands of reservoirs and rivers give Tar Heel anglers myriad opportunities to chase dozens of species of game and non-game fish alike.

That being said, there's something about small pond fishing that has a grand appeal.

Ponds are pretty ubiquitous across the Carolina landscape. From municipal ponds to golf course ponds to country farm ponds, there's usually one close by. The first step in pond fishing is securing permission to fish it, if on private property. Written permission is best.

If pan fish are your target, a tub of red wigglers, earthworms or a tube of crickets are good baits. Tie on a No. 8 fine-wire hook. I prefer a weighted oval-shaped bobber, as it is easier to cast. I usually put a small split-shot sinker above the hook to get the bait down quickly. For catfish and bullheads, a simple Carolina rig and cut bait is fine. A hook-caught bluegill or crappie can be cut up and used for bait.

Largemouth bass (which are actually in the sunfish family) are the most popular gamefish in the state, and I'll share a few of my tactics for targeting them in ponds. First, when fishing an unfamiliar pond, I use a lure to "prospect" for them. In a pond

with no visible cover or structure, I'll fan cast an in-line spinner like a Rooster Tail. In a pond with weeds and blowdowns, I'll use a small one-eighth ounce or one-sixteenth ounce "safety pin" spinnerbait with one or two willow leaf blades. I like to use smaller lures and light spinning rods when fishing ponds. A big fish will eat a small lure, and light tackle makes small fish feel big and big fish feel bigger.

I love to throw a top-water lure early and late in the day. Usually it's a "chugger" type like a Rebel Pop-R. I use a loop knot to allow for more wiggle on the "bloop, bloop, pause" retrieve. When there's a lot of surface vegetation (including mats of duck weed) a frog bait with a pointed nose like a Booyah Pad Crasher is a good choice.

Soft plastic worms and stick baits are versatile baits. I love fishing a Texas-rigged worm, but again, in ponds I'll downsize a tad. My go-to favorite is a Zoom 4¾-inch Finesse Worm in June bug color rigged on a 1/0 offset-shank worm hook and an eighth-ounce bullet weight. If they're not biting on the bottom I can re-rig

(Above, left to right) Texas-rigged plastic worm, Zoom floating worm, Rooster Tail, Rebel Pop-R, spinnerbait, Rapala Original Floating Minnow and wacky-rigged Senko

without the weight and fish it at various depths as a "floating worm." I'll also use the conventional 6-inch Zoom worm in the same manner. Soft stick baits like the Yamamoto Senko can be fished in the same manner, as well as rigged "wacky" style, which is through the middle of the bait and twitched back on the retrieve. This is an excellent rig for newcomers to use.

My last little nugget is the old tried-and-true Rapala Original Floating Minnow (model FO5). It's 2-inches long and is made of balsa wood, so it floats at rest. Cast it out, twitch it, and it dives down and returns to the service. If nothing hits it as a top-water lure, a slow retrieve back turns it into a shallow running (2- to 3-feet deep) crankbait. Both pan fish and bass like this bait. In deeper ponds, a split shot clamped on the line helps it run a little deeper.

Good luck and tight lines this summer. 

Mike Zlotnicki is associate editor at Wildlife in North Carolina magazine. He lives in Garner with his wife, three daughters and two German shorthaired pointers.



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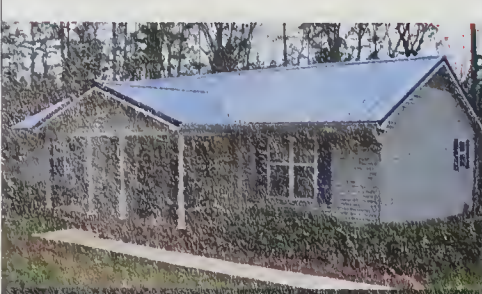


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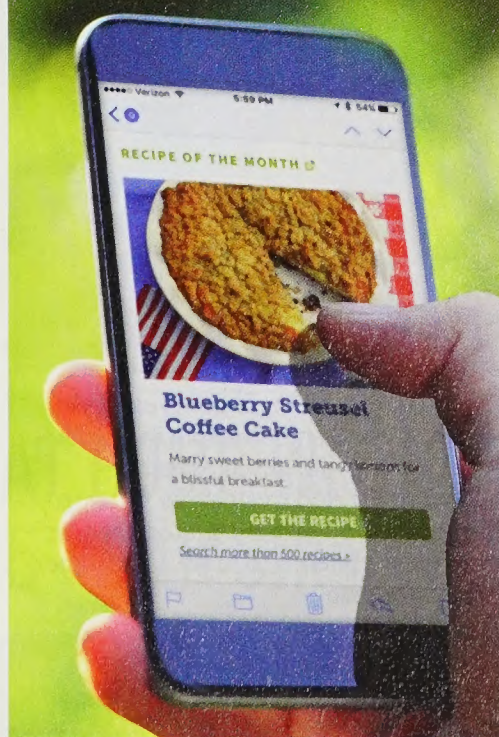
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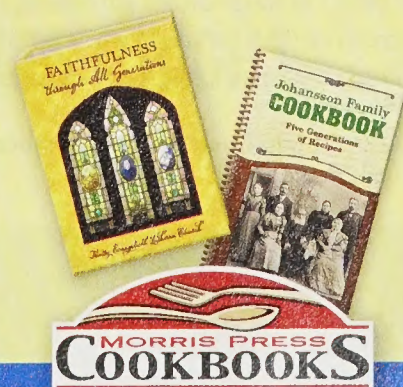
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Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurer specializing in NC-made food products and small NC farms.

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Toasted Sesame Cucumber Butter Spread

This spread is just right on grilled fish or in shrimp and chicken tacos. Dollop onto hot grilled steaks or burgers and watch it melt all over. Makes a nice filling for wraps too, or simply enjoy on saltine crackers or celery sticks.

- 8 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 3 tablespoons mayonnaise (Duke's preferred)
- 1 teaspoon Texas Pete
- 1 tablespoon Worcestershire sauce
- 1 tablespoon toasted sesame seeds, (plus 1 tablespoon for garnishing)
- 2-3 green onions, minced (with tops)
- Pinch of sea salt and freshly ground black pepper
- About 1 cup finely diced cucumber (not peeled)

Cheery Grilled Corn with Hoop Cheese & Bacon Dust

To celebrate Cheerwine's 100th Birthday in 2017, fire up the grill and cook your crowd this Southern version of roasted summer corn on the cob! It's so good you'll want to plan at least two ears per guest.

- 2 cups Cheerwine® soft drink
- ½ cup molasses
- ½ cup stone-ground mustard
- ½ cup butter
- ½ teaspoon sage
- Freshly ground black pepper
- 1 dozen ears of corn, shucked and cleaned
- ½ pound hoop cheese, crumbled
- 12 ounce package bacon, cooked crispy and finely crumbled

Heat gas or charcoal grill to high heat. While grill is getting hot, combine Cheerwine, molasses, mustard and butter in heavy bottomed saucepan. Bring to a boil then reduce to low boil and cook until sauce has reduced to about half, making a thickened glaze. Remove from heat and whisk in sage.

Put corn onto hot grill, baste with glaze and cover. Turn every 1-2 minutes, basting as you turn, until charred in spots (about 8-10 minutes). Remove to platter and while hot, scatter with cheese crumbles and bacon dust. Drizzle with any remaining glaze. Serve immediately.

Yield: 1 dozen ears



Blend together all ingredients except cucumber until smooth. Fold in cucumbers. Garnish with sesame seeds.

Variations: Add fresh herbs (cilantro, dill, basil). Fold in some grated cheddar cheese and pimento to make a cucumber pimento cheese.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC, 27611. Or submit your recipe online at: carolinacountry.com/myrecipe.

—Jenny Lloyd, recipes editor

From Your Kitchen



Blueberry Streusel Coffee Cake

Streusel

- ¼ cup granulated sugar
- ⅓ cup light brown sugar, lightly packed
- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 stick unsalted butter, melted
- 1⅓ cups all-purpose flour

Cake

- 6 tablespoons unsalted butter, at room temperature
- 1 cup granulated sugar
- 2 extra-large eggs, at room temperature
- 1 teaspoon pure vanilla extract
- ½ teaspoon grated lemon zest
- ⅔ cup sour cream
- 1¼ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 cup fresh blueberries
- Confectioners' sugar for sprinkling

Preheat oven to 350 degrees.

For the streusel topping, combine the granulated sugar, brown sugar, cinnamon, and nutmeg in a bowl. Stir in the melted butter and then the flour. Mix well and set aside.

For the cake, cream the butter and sugar until combined and light. Add eggs 1 at a time, then vanilla, lemon zest and sour cream; beat until combined. In a separate bowl, sift together the flour, baking powder, baking soda and salt. With the mixer on low speed add the flour mixture to the batter until just combined. Fold in the blueberries and stir with a spatula to be sure the batter is completely mixed.

Butter and flour a 9-inch round baking pan. Spoon batter into pan and spread it out with a knife. With your fingers, crumble the topping evenly over the batter. Bake for 40 to 50 minutes, until a cake tester comes out clean. Cool completely and serve sprinkled with confectioners' sugar.

*Recipe courtesy of
Ruth Nesbitt of New Bern.*

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